

Youth Risk Behavior Survey

2017 Results

Key findings and recommendations for creating healthy, safe, and supportive environments where students can focus on learning.



ACKNOWLEDGEMENTS

This report was prepared by the following staff at the Utah Department of Health:

BettySue Hinkson, Healthy Living through Environment, Policy, and Improved Clinical Care Program

Brenda Ralls, Healthy Living through Environment, Policy, and Improved Clinical Care Program

Brittany Brown, Healthy Living through Environment, Policy, and Improved Clinical Care Program

Deanna Camell Ferrell, Violence and Injury Prevention Program

Elizabeth Brutsch, Violence and Injury Prevention Program

Hillary Campbell, Violence and Injury Prevention Program

Holly Uphold, Asthma Program

Kellie Baxter, Asthma Program

Kendra Babitz, Cancer Control Program

Michael Friedrichs, Bureau of Health Promotion

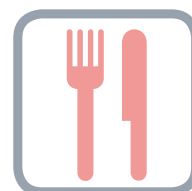
Sarah Mangone, Tobacco Prevention and Control Program

Suggested Citation:

Utah Department of Health Bureau of Health Promotion. (November 15, 2018). Youth Risk Behavior Survey 2017 Results. Salt Lake City, UT: Utah Department of Health.

TABLE OF CONTENTS

INTRODUCTION	4
LIFESTYLES	5
<i>Tobacco Use</i>	5
<i>Physical Activity</i>	9
<i>Obesity</i>	9
<i>Nutrition</i>	10
VIOLENCE AND INJURIES	12
<i>Suicide Ideation and Attempts</i>	12
<i>Motor Vehicle Crashes</i>	13
<i>Technology</i>	13
<i>Sports Concussions</i>	14
<i>Alcohol</i>	14
<i>School Safety</i>	15
<i>Dating Violence</i>	16
<i>Sexual Violence</i>	16
ASTHMA.....	18
ADDITIONAL RESOURCES	20
<i>Arthritis</i>	20
<i>Communicable Disease Investigation and Response</i>	20
<i>Diabetes</i>	20
<i>Immunizations</i>	21
<i>Maternal and Infant Health</i>	21
<i>Oral Health</i>	21
<i>School Nurses</i>	21
<i>Violence and Injury Prevention (Other Topics)</i>	21
<i>Ultraviolet Radiation</i>	22



INTRODUCTION

The health and well-being of Utah youth is important. Schools should provide a safe, healthy environment where it is easy for adolescents to make healthy choices and adopt healthy behaviors. Students' health, safety, and social situations can impact their success in the classroom. Students who live healthy, stay safe, and appropriately manage their chronic illnesses do better academically. They are able to focus on learning and are free from other distractions.

This report is designed to provide school administrators and staff with the information they need regarding Utah students' health and safety in order to promote healthy behaviors, provide a safe environment, and to better address barriers to education.

The key findings contained in this report describe the health-related behaviors of Utah students in grades 9-12 collected through the 2017 Youth Risk Behavior Survey (YRBS). The Utah Department of Health has conducted the YRBS for more than 20 years. The results are used to guide health promotion efforts on a variety of issues ranging from lifestyle choices to violence and injury prevention. Resources for addressing each of the topics in the report are also included. School personnel may be interested in using these resources to help their students live healthier lives.

The survey is conducted at the state level through a grant made available through the Centers for Disease Control and Prevention. Specific information may be found at <http://cdc.gov/HealthyYouth/yrbs/index.htm>. For questions regarding survey administration in Utah, contact Mike Friedrichs at the Utah Department of Health (mfriedrichs@utah.gov or 801-538-6244). Summaries of past survey results may be found at <http://cdc.gov>. This website also contains information regarding all of the topics YRBS analyzes biennially. Utah-specific information may also be accessed through the Utah Department of Health Indicator-based Information System for Public Health (IBIS-PH) at <http://ibis.health.utah.gov>. Some indicator reports on IBIS-PH include YRBS data. Website users may query YRBS data at <http://ibis.health.utah.gov/query/selection/yrbs/YRBSSelection.html>.

What Schools Can Do

By being aware of the choices students are making, as well as the health and safety threats they face, school administrators and staff can better provide an environment where they can focus on learning. This report may encourage school personnel to consider changes to policies, systems, or the school environment that will help students improve their well-being and live healthy, active lives. Changes to consider are listed below. Links to the resources mentioned are found at the end of each data section.

Asthma

- Work with school nurses to have an asthma action plan completed yearly by parents of students with asthma and keep forms readily accessible in case of emergency.
- In accordance with Utah law, collect signed authorization (from parent and prescriber) to allow students to carry and self-administer their asthma medication.

Exposure to Ultraviolet Radiation

- Adopt a sun safety policy that includes allowing students to wear hats, sunglasses, and sunscreen when outside.
- Install shade structures on school property, such as shade-providing trees, canopies, or other structures.
- Incorporate skin cancer prevention curriculum into health education classes.
- Require that uniforms for physical education classes include sleeves and either long shorts or pants.
- Schedule outdoor classes and activities before 10 a.m. or after 2 p.m. to avoid peak sun exposure times.
- If advertisements are allowed in school publications (e.g., newspaper, yearbook) or school sponsorships, consider banning the promotion of tanning salons.

Nutrition

- Develop or strengthen district wellness policies.
- Implement national recommendations for nutrition standards for foods in schools.

- Educate teachers and staff about Smart Snack Standards.
- Implement Farm to School Programs.
- Participate in nutrition professional development opportunities provided by the Utah State Board of Education and the Utah Department of Health.

Physical Activity

- Implement a comprehensive school physical activity program, such as the Comprehensive School Physical Activity Program; a five-component program aimed to increase physical activity in schools through 1) physical education, 2) physical activity during school, 3) physical activity before and after school, 4) staff involvement, and 5) family and community engagement.
- Implement the Utah Core State Standards for Physical Education.
- Participate in opportunities for professional development and technical assistance provided by the Utah State Board of Education and the Utah Department of Health.
- Work towards a Whole School, Whole Community, Whole Child approach; a model in which schools, health agencies, parents, and communities work together to ensure that “every young person in every school in every community is healthy, safe, engaged, supported, and challenged.”
- Ensure that Safe Routes to School plans and maps are current.

Sexual and Dating Violence

- Utilize evidence-based materials to educate students about dating violence and how to build healthy relationships.
- Increase protective factors and decrease risk factors for various forms of violence.

Sports and Recreation Concussions

- Adopt a concussion policy in accordance with Utah law.
- Require coaches, trainers, student athletes, parents, and school nurses to take their respective CDC Heads Up online training.
- Replace damaged equipment promptly, especially helmets and other protective head gear. Some helmets require replacing after any impact, even if there are no visible signs of damage.
- Participate in the Student Injury Reporting System (SIRS).

Suicide Ideation and Attempts

- Implement an evidence-based or best practices suicide prevention program. The CDC Preventing Suicide technical package can help select a program best suited for your school.

- Train staff to recognize the signs and symptoms of depression and suicide. Don't be afraid to ask students what they are feeling, thinking, and doing. Refer students at risk for suicide to the appropriate resources in accordance with school policy and Utah law.

Tobacco

- Implement a comprehensive tobacco policy.
- Require that students or staff caught violating the tobacco policy be referred to cessation services for help quitting.
- Use permanent signs as an easy, non-threatening way to inform parents and visitors that school property is a tobacco-free zone.

Underage Drinking

- Inform parents and students about the consequences of underage drinking.
- Implement evidence-based programs aimed at preventing underage drinking.



LIFESTYLES

Lifestyle choices affect health in many ways. Poor choices can increase the risk of heart disease, diabetes, chronic respiratory problems, and cancer, among other things. Staying away from or quitting tobacco, staying physically active, making healthy food choices, maintaining a healthy weight, and avoiding exposure to ultraviolet radiation help students stay healthy and avoid increasing their risk for chronic illness. Schools have a special role to play in helping students establish lifestyle patterns that will help keep them healthy. It's important for school administrators and staff to be aware of students' lifestyle choices and establish policies, systems, or environmental changes that will reinforce the habits and behaviors taught in health education classes. This section presents information critical to understanding some of the health risks students may face.

Tobacco Use

Since 1999, there has been a 68% decline in cigarette use among Utah youth. In 2017, 3.8% of Utah high school students reported that they had smoked cigarettes in the past 30 days and 9.7% reported that they had used a tobacco product (including cigarettes, cigars, cigarillos, smokeless tobacco, or electronic vapor product) in the past 30 days. In the U.S. in 2017, 19.5% of students reported they had used tobacco products.

In 2017, among Utah youth in grades 9-12:

- 10.9% of male students reported they had used tobacco products (including cigarettes, cigars, cigarillos, smokeless tobacco, or electronic vapor product) in the past 30 days, whereas 7.9% of females reported that they had used tobacco in the past 30 days.
- 8.1% of males and 7.0% of females reported using electronic vapor products such as e-cigarettes, e-hookahs, or vape pens in the past 30 days.
- 4.5% of males and 1.0% of females reported using smokeless tobacco such as chewing tobacco, snuff, dip, or snus in the past 30 days.

However, between 2011 and 2017, the percentage of Utah middle and high school-age students who used vape products increased substantially¹. Currently, 7.6% of Utah high school students use vape products while only 3.8% smoke cigarettes. Vape products are the preferred nicotine delivery device by youth in Utah. This raises concerns that vape product use could lead to nicotine addiction and serve as a gateway for conventional cigarette use.

Since 1999, there has been a **68% decline in cigarette use** among Utah youth. Tax increases, enforcement of youth access laws, and anti-tobacco marketing campaigns may have contributed to this decline.



In the past few years, use of electronic vapor products has increased substantially among Utah high school students.

1. Utah Prevention Needs Assessment, 2017.

Resources for Addressing Tobacco Use

School Resource Guide: Utah Tobacco Free Campus Policy Toolkit

<https://tobaccofreeutah.org/wp-content/uploads/Utah-School-Resource-Guide.pdf>

The School Resource Guide is available from a local health department. It provides assessment tools to determine the current status of tobacco policies. Recommendations and resources are provided to help school personnel communicate, enforce, and support a comprehensive tobacco-free policy.

Current Utah Tobacco Facts

<https://tobaccofreeutah.org/data-reports/>

Current data on tobacco use in Utah.

Prevention Education Resources

Aspire

<https://aspire2.mdanderson.org/>

Aspire is a free, bilingual, online tool that helps middle and high school students learn about being tobacco free. It was developed by The University of Texas MD Anderson Cancer Center. It is a fun and interactive tobacco prevention and cessation curriculum which explains the dangers of tobacco and nicotine use, so they never start smoking. Or, if they already do, it gives information and ways to quit.

The Utah Department of Health Tobacco Prevention and Control Program has signed a memorandum of understanding with MD Anderson Cancer Center that grants access for all schools to utilize ASPIRE. Contact your local health department for more information.

Catch My Breath

www.catchinfo.org/modules/e-cigarettes/

Catch My Breath is an education program that focuses on increasing students' knowledge of e-cigarettes. This free program offers in-class activities, teacher education, and online resources. The curriculum consists of four lessons at 30-40 minutes each.

Cessation Resources for Teens

Smokefree Teen

<https://teen.smokefree.gov/>

The goal of Smokefree Teen is to reduce the number of youth who use tobacco. Smokefree teen helps youth stop using tobacco by providing information grounded in scientific evidence and offering free tools on their mobile phones. The text messaging program can help youth quit smoking, and the quitSTART app helps them become smokefree by providing helpful strategies for tackling craving, bad moods, and other situations.

Utah Tobacco Quit Line

The Utah Tobacco Quit Line (1.800.QUIT.NOW) is a statewide telephone coaching service available to youth 13-18 years old. Youth are assigned the same quit coach during the youth support program.

Physical Activity

Regular physical activity in childhood and adolescence helps to build healthy bones and muscles, control weight, improve strength and endurance, reduce anxiety and stress, increase self-esteem, and may improve blood pressure and cholesterol levels². In the U.S., only 26.1% of students in grades 9-12 meet the physical activity recommendations of getting at least 60 minutes of physical activity seven days a week³.

In 2017, among Utah youth in grades 9-12:

- 19.1% of youth met physical activity recommendations of getting at least 60 minutes of physical activity seven days a week, lower than the U.S. percentage.
- More males than females met physical activity recommendations. The percentage of males engaging in the recommended level of physical activity was 25.2% in 2017. The percentage of females meeting the recommendation was 12.9%.
- More than half of youth (54.4%) were enrolled in physical education classes in 2017.

Obesity

Overweight and obesity are the results of “caloric imbalance” –too few calories expended for the number of calories consumed–and are affected by various genetic, behavioral, and environmental factors. Healthy lifestyle habits, including healthy eating and physical activity, can lower the risk of becoming obese and developing obesity-related diseases⁴. Body mass index is calculated using a ratio of height to weight and is typically used as the measure for defining overweight and obesity. For children and adolescents, body mass index is calculated using height, weight, age, and sex. In 2017, 15.6% of high school students in the U.S. were overweight and 14.8% were obese³.

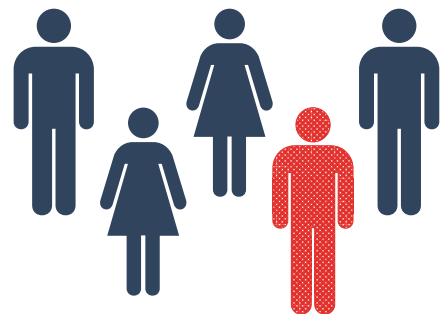
In 2017, among Utah youth in grades 9-12:

- 13.2% of students were overweight and 9.6% were obese.
- The percentage of students who were overweight or obese was particularly pronounced for males at 26.7%. In contrast, the percentage for females was 18.9%.

Less than *one in five* (19.1%) Utah high school students engage in the recommended amount of physical activity.



More than *one in five* (22.8%) of Utah high school students are overweight or obese.



2. U.S. Department of Health and Human Services, 2008.

3. U.S. YRBS 2017.

4. Office of the Surgeon General, 2010.

Nutrition

Schools are in a unique position to promote healthy eating and help ensure appropriate food and nutrient intake among students. Schools can provide students with opportunities to consume an array of foods and beverages before, during, and after school, and to learn and practice healthy eating behaviors.

A Guide to Smart Snacks in Schools, available at <https://www.fns.usda.gov/tn/guide-smart-snacks-schools>, was created to provide national nutrition standards for foods and beverages sold outside of the federal reimbursable school meal programs during the school day. As of the 2014-2015 school year, all competitive foods and beverages sold during the school day must meet or exceed Smart Snacks in School nutrition standards, which include limits on fat, sugar, sodium, and calorie content. A calculator to verify the nutritional quality of competitive foods was developed by the Alliance for a Healthier Generation and is available online at <https://foodplanner.healthiergeneration.org/calculator>. Schools can apply nutrition principles available through the Smart Snacks and Smarter Lunchroom listed in the resource section on Page 10.

In 2017, among Utah youth in grades 9-12:

- 25.2% of students consumed two or more servings of fruit or fruit juice per day. Only 13.1% consumed three or more servings of vegetables per day.
- Almost 15% (14.7%) of students drank soda daily. Males were nearly twice as likely to drink soda daily (18.7%) as females (10.6%).
- Only 13.2% of students reported drinking three or more glasses of milk daily.

Only 13% of Utah high school students eat three or more servings of vegetables a day.



Resources for Addressing Physical Activity, Nutrition, and Obesity

Comprehensive School Physical Activity Program

<https://www.shapeamerica.org/cspap>

A five-component program designed to increase physical activity in schools through 1) physical education, 2) physical activity during school, 3) physical activity before and after school, 4) staff involvement, and 5) family and community engagement.

School Health Programs

<http://www.choosehealth.utah.gov/prek-12/schools/health-programs.php>

Information on school health programs that focus on school nutrition and physical activity best practices, policy change, and improved environment settings.

Height-Weight Measurement Project Report

http://choosehealth.utah.gov/documents/pdfs/prek-12/HW_Elem_Project_2016_1-19-17.pdf

Results of the height/weight measurement project, trends in overweight and obesity among elementary school students statewide, health and other implications of obesity, and describes what schools do to reduce obesity.

Action for Healthy Kids

<http://www.actionforhealthykids.org/game-on/find-challenges/1209>

A list of non-food incentives for rewarding students. Non-food incentives prevent kids from consuming foods with little or no nutritional value and developing unhealthy nutritional habits.

Smarter Lunchroom

<https://www.smarterlunchrooms.org/scorecard-tools/smarter-lunchrooms-strategies>

A list of 60 research-based strategies to encourage kids to choose healthy options from the school cafeteria.

Strategies for Recess in Schools

https://www.cdc.gov/healthyschools/physicalactivity/pdf/2016_12_16_SchoolRecessStrategies_508.pdf

Evidence-based strategies for planning and providing recess in schools to increase physical activity participation and improve academic achievement.

School Resources

<http://www.choosehealth.utah.gov/prek-12/schools/tools-and-resources.php>

An online list of tools and resources that can support physical activity and nutrition in schools.

Smart Snacks

<https://www.fns.usda.gov/tn/guide-smart-snacks-schools>

Federal guidelines for snacks available to students on school campuses.



VIOLENCE AND INJURIES

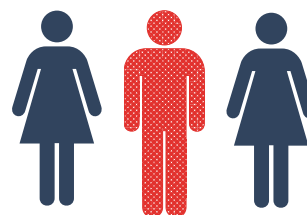
Violence and injuries can have a dramatic effect on a person's ability to lead an active, fulfilling life. Every day in Utah, five people die from an injury or violence. Research shows that most injuries are predictable and preventable. Injury and violence-related concerns among youth in Utah include suicide ideation and attempts, underage drinking, traffic safety, sports concussions, dating violence, school safety, and other issues like bicycle helmet use and use of prescription drugs. Findings from the 2017 Youth Risk Behavior Survey show violence and injuries continue to greatly impact students in Utah.

Suicide Ideation and Attempts

In Utah from 2015-2017, the rate per 100,000 population for males aged 15-17 was 29.0 and for males aged 18-19 was 33.4. From 2015-2017, the rate per 100,000 population was 8.4 for females aged 15-17 and 9.7 for females aged 18-19⁵.

In 2017, among Utah youth in grades 9-12:

- 24.0% of males and 42.5% of females felt sad or hopeless almost every day for two weeks or more in a row, to the point where they stopped doing some usual activities.
- 14.9% of males and 28.5% of females seriously considered attempting suicide during the past 12 months.
- 13.1% of males and 21.2% of females made a plan about how they would attempt suicide during the past 12 months.
- 7.7% of males and 11.4% of females attempted suicide one or more times during the past 12 months.
- 3.1% of males and 4.8% of females reported that they had made a suicide attempt during the past 12 months that resulted in an injury that had to be treated by a doctor or nurse.



Nearly **one in three** Utah high school students felt so sad or hopeless almost every day for two weeks or more in a row they stopped doing some usual activities.

5. Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health.

Motor Vehicle Crashes

Motor vehicle crashes are a leading cause of death for youth aged 15-19 in Utah. Over the past 10 years, teenage drivers were in nearly one-fourth (21.0%) of all crashes and 14.1% of fatal crashes.⁶ Drivers who talk on a handheld or hands-free cell phone are just as impaired as drunk drivers with a 0.08 blood alcohol content level.⁷

In 2017, among Utah youth in grades 9-12:

- Most students (91.2% of males and 90.1% of females) sometimes, most of the time, or always wore a seat belt when riding in a car driven by someone else.
- Most students do not drive after drinking alcohol (96.3% of males and 98.4% of females). However, 12.7% of males and 16.3% of females rode in a car driven by someone else who had been drinking alcohol one or more times during the past 30 days. This includes 12.3% of students who identify as white/ non-Hispanic, 19.5% of students who identify as non-white/ non-Hispanic, and 21.5% of students who identify as Hispanic.
- About one out of three females (38.2%) and two out of five males (42.5%) used text messaging while driving during the past 30 days.



Technology

Digital technology is highly used and highly influential among youth. Nationally, among those aged 12-17 years, 93% are online, 75% have a mobile phone, and 97% play video games.⁸

In 2017, among Utah youth in grades 9-12:

- 16.8% of youth watched three or more hours of TV in a day (17.1% of females and 16.6% of males).
- 33.9% of youth played three or more hours of video games in a day (32.5% of females and 35.3% of males).
- Almost twice as many females (23.6%) compared to males (12.4%) were electronically bullied in the past year.
- Approximately one in 20 students (5.0%) had a revealing or sexual photo electronically shared without their permission.



6. Utah Department of Public Safety Highway Safety Office. Utah Fatal Crash Summary 2016. Accessed 5/15/2018: <https://highwaysafety.utah.gov/wp-content/uploads/sites/22/2015/02/2016FatalCrashSummary.pdf>.

7. Strayer, D.L., Drews, F.A., Crouch, D.J. (2006) A Comparison of the Cell Phone Driver and the Drunk Driver. *Hum Factors* 2006 Summer, 45(2):381-91. DOI: 10.1518/00187200677724471.

8. Centers for Disease Control and Prevention. Adolescents, Technology, and Reducing Risk for HIV, STDs and Pregnancy. Accessed 5/15/2018: <https://www.cdc.gov/std/life-stages-populations/adolescents-tech.htm>.

Sports and Recreation Concussions

Concussions are a type of traumatic brain injury (TBI) caused by a bump, blow, or jolt to the head. It is estimated that 75% of TBIs that occur nationally each year are concussions or other mild TBIs.⁹ Utah law requires the removal of a child from a sports activity if they get a head injury or show symptoms of a concussion until they receive written clearance from a qualified health care provider.

In 2017, among Utah youth in grades 9-12:

- Almost one in five (19.8%) students had a concussion from playing a sport or being physically active, this includes 16.1% of females and 22.9% of males.
- Additionally, almost one in five (18.2%) students were removed from a game, practice, or workout because their coach thought they might have a concussion. This includes 23.6% of students who reported their race is Hispanic, 20.7% of students who report non-white/non-Hispanic, and 17.0% of those who report white non-Hispanic.

19.8% of Utah high school students had a concussion from playing a sport or being physically active



Alcohol

In the U.S., among students in 2017, the rate of current alcohol use was 30.0% and the rate of binge drinking was 14.0%.¹⁰ Alcohol use rates have decreased both in Utah and nationwide over the past 20 years. Current alcohol use is defined as the percentage of students in grades 9-12 who had at least one drink of alcohol on one or more of the past 30 days. Binge drinking is defined as the percentage of students in grades 9-12 who had five or more drinks (males) or four or more drinks (females) of alcohol in a row, that is, within a couple of hours, on one or more of the past 30 days.

In 2017, among Utah youth in grades 9-12:

- 10.6% of students reported current alcohol use and 4.8% of students reported binge drinking.
- There were not significant differences between rates of current drinking or binge drinking for males and females or by grade level in Utah for 2017. However, Hispanic students reported higher rates of current alcohol use (18.2%) and higher rates of binge drinking (9.7%) compared to the state rate.

9. Centers for Disease Control and Prevention. Traumatic Brain Injury & Concussion. Accessed 5/15/2018: <https://www.cdc.gov/traumaticbraininjury/index.html>.

10. Centers for Disease Control and Prevention. Fact Sheets – Underage Drinking. Accessed 5/15/2018: <https://www.cdc.gov/alcohol/fact-sheets/underage-drinking.htm>.

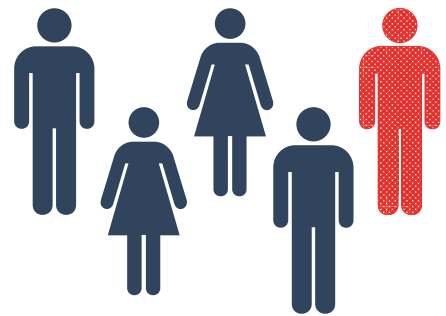
School Safety

While the U.S. remains relatively safe, any amount of violence is unacceptable. Parents, teachers, and school administrators expect schools to be a safe haven of learning. Acts of violence or school-related injury can disrupt the learning process and have a negative effect on students, the school itself, and the broader community.

In 2017, among Utah youth in grades 9-12:

- 31.7% of males and 16.0% of females carried a weapon outside of their home, such as a gun, knife, or club, one or more of the past 30 days. When on school property, 9.9% of males and 3.9% of females said they carried a weapon.
- 5.6% of students carried a gun on school property in the past 12 months.
- 19.4% of students were bullied on school property during the past 12 months.
- 8.9% of students did not go to school because they felt unsafe at school or on their way to or from school on one or more of the past 30 days. Those who reported their race as being Hispanic were twice as likely as white/ non-Hispanic or non-white/ non-Hispanic students to not attend school because they felt unsafe.
- 8.2% of males and 5.1% of females said they had been threatened or injured with a weapon such as a gun, knife, or club on school property one or more times during the past 12 months.
- Twice as many males (26.1%) compared to females (13.9%) were in a physical fight in the past 12 months (this was not necessarily on school property).
- More than three times as many males (10.3%) compared to females (2.9%) were in a physical fight on school property in the past 12 months.
- 27.1% of males and 24.3% of females were offered, sold, or given an illegal drug on school property.

Nearly *one in five* Utah high school students were bullied on school property during the last 12 months.



Dating Violence

Dating violence is verbal, emotional, physical, or sexual abuse in a dating relationship. Nearly 1.5 million high school students nationwide experience physical abuse from a dating partner each year.¹¹ One in three adolescents in the U.S. is a victim of physical, sexual, emotional or verbal abuse from a dating partner, a figure that far exceeds rates of other types of youth violence.¹¹

In 2017, among Utah youth who reported dating in the last 12 months in grades 9-12:

- More than one in four (26.5%) students were verbally or emotionally harmed by someone they were dating or going out with one or more times during the past 12 months (33.2% of females and 19.7% of males).
- More than one out of every 11 students were forced by someone they were dating or going out with to do sexual things they did not want to do during the past 12 months.
- Almost twice as many females (9.6% of females compared to 5.1% of males) students were physically hurt on purpose by someone they were dating or going out with one or more times during the past 12 months.

Sexual Violence

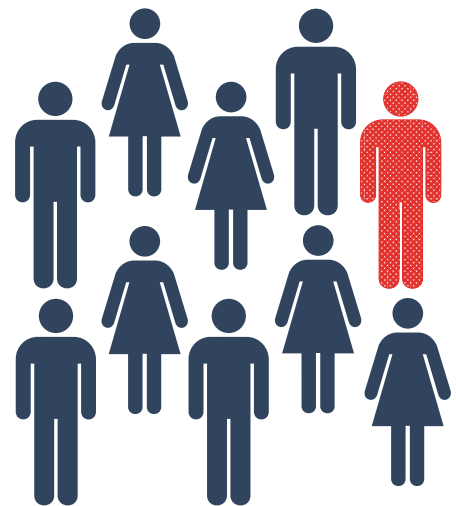
Sexual violence is common among youth and is usually committed by someone the victims knows.

In 2017, among Utah youth in grades 9-12:

- 11.0% of students experienced rape in their lifetime.
- Twice as many female students (23.5% of females compared to 11.4% of males) experienced any form of sexual violence in the past 12 months.
- 3.3% of students have ever used physical force to rape someone.



Nearly *one in 10* Utah high school students experienced rape in their lifetime.



Resources for Addressing Violence and Injuries

Utah Department of Health Violence and Injury Prevention Program

<http://health.utah.gov/vipp>

Resources and data on a wide range of topics including suicide, prescription drug overdoses, traumatic brain injuries, motor vehicle crashes, domestic and dating abuse, etc.

Centers for Disease Control and Prevention

<https://www.cdc.gov/ViolencePrevention/index.html>

Gain insight to various forms of violence and how violence can be stopped before it begins.

Utah Suicide Prevention Coalition

<https://utahsuicideprevention.org/>

A collaboration of community members, suicide survivors, service providers, researchers, and others who are dedicated to saving lives and advancing suicide prevention efforts in Utah.

SAFEUT Crisis Text and Tip Line

<https://healthcare.utah.edu/uni/programs/safe-ut-smartphone-app/>

<https://safeut.med.utah.edu/>

Statewide real-time crisis intervention from licensed clinicians in a 24/7 CrisisLine call center.

Don't Drive Stupid

<http://zerofatalitiesut.com/dont-drive-stupid/>

Information for parents and teen drivers on The Utah Graduated Driver License laws and teaching teens how to drive.

Teen Memoriams

<http://health.utah.gov/vipp/teens/teen-driving/>

Stories told by parents who've lost a teen in a motor vehicle crash, and what can be done to keep other teens safe on the road.

HEADS UP to Youth Sports

<https://www.cdc.gov/headsup/youthsports/index.html>

Free online course on preventing concussions available to sports coaches, parents, and others who work with student athletes.

Substance Abuse and Mental Health Services Administration- Underage Drinking School and Campus Health

<https://www.samhsa.gov/underage-drinking-topic/school-campus-health>

School specific national resource for impacts and prevention of underage drinking.

School and Student Injuries

<http://health.utah.gov/vipp/kids/student-injuries/>

Learn about school and student injury concerns for your school (e.g. playground, shop, and sports injuries, etc.). You can also find information about tracking and reporting injuries.

Dating Violence Prevention

<http://health.utah.gov/vipp/teens/dating-violence/>

Materials to educate students about healthy relationships, dating violence, and how to stay safe in a relationship.



Asthma

Asthma affects people of all ages but most often starts during childhood. It is the most common childhood chronic condition. Asthma is a lung disease that inflames and narrows the airways; however, with proper management, it can be controlled. Schools can play an important role in helping students manage their asthma, thereby reducing the number of missed school days for students with asthma. The Centers for Disease Control and Prevention encourages schools to implement policies and procedures that make schools “asthma-friendly.” Working together, school administrators, teachers, staff, students, and parents can increase the chance for successful asthma management.

Asthma Prevalence

Asthma prevalence is an important indicator for tracking the burden of asthma in schools, and has been on an upward trend in Utah. This is similar to increasing trends nationwide. In the U.S. during 2017, 22.5% of students had ever been told by a doctor or nurse that they had asthma (i.e., ever had asthma)¹². This is similar to Utah in 2017, with 23.9% of students having been told by a doctor or nurse that they had asthma.

In 2017, among Utah youth in grades 9-12:

- 26.2% of males and 21.4% of females had ever been told by a doctor or nurse that they had asthma.
- 12.8% of students had been diagnosed by a doctor or nurse with asthma and still have asthma (i.e., current asthma).

Asthma Management

The goal of asthma management is to control the disease so that youth with asthma can live active, full lives while minimizing their risk of asthma episodes that require emergency department and non-routine doctor visits. Asthma action plans, a tool to help a person control asthma, and education on proper inhaler technique are important components to asthma management.

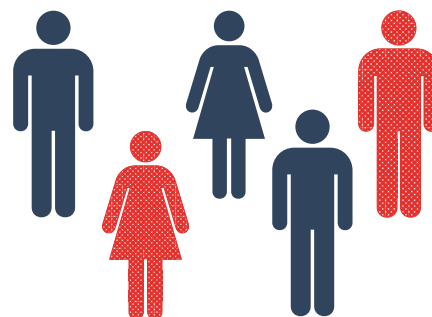
In 2017, among Utah youth in grades 9-12:

- 40.9% of students with asthma had an asthma attack/episode in the past 12 months.
- 35.5% of males and 46.9% of females with asthma had an asthma attack/episode in the past 12 months.
- 72.0% of students with asthma had been shown by a doctor or nurse how to use their inhaler.

More than *one in five* Utah high school students have been told they have asthma.



Approximately *two in five* Utah high school students with asthma had an asthma attack/episode in the past 12 months.



Asthma-related Missed School Days and Limited Activities

Missed school days and limited activities show the impact of asthma on a child's social functioning and educational opportunities. Missed schools days also create the opportunity for disparities in learning.

In 2017, among Utah youth in grades 9-12:

- 16.5% of students with asthma missed at least one school day in the past year due to their asthma.
- 8.9% of students with asthma limited their activities almost daily due to asthma.



Resources for Addressing Asthma

Asthma Action Plan

<http://health.utah.gov/asthma/pdfs/schools/SchoolForm.pdf>

An individual guide, developed with the help of a doctor, that indicates triggers to avoid and what to do in an emergency or during an asthma attack.

Centers for Disease Control and Prevention, Initiating Change: Creating an Asthma-Friendly School

<https://www.cdc.gov/healthyschools/asthma/creatingafs/index.htm>

A toolkit developed to help advocates at the district and school levels persuade people in their schools and communities of the importance of asthma-friendly schools.

What to do in Case of an Asthma Attack Training

<http://health.utah.gov/asthma/schools/index.html>

A 15-20 minute training for school staff that covers asthma symptoms, triggers, medications, and what to do in case of an asthma attack. To schedule a training, email asthma@utah.gov.

Self-Administration Form

http://health.utah.gov/asthma/pdfs/schools/SelfAdministration_English.pdf

This form provides the necessary written information to legally allow a student to carry an inhaler at school and should be signed by a health care provider and parent.

Recess Guidance

<http://health.utah.gov/asthma/pdfs/airquality/recessguidance.pdf>

Guidelines to determine when to move outdoor physical activity indoors on bad air days.

Ozone Recommendations

http://health.utah.gov/asthma/pdfs/airquality/ozone_guidance.pdf

Recommendations for outdoor physical activities to avoid exposure to summertime ozone air pollution.

School Asthma Resources

<http://health.utah.gov/asthma/schools/index.html>

A list of resources, fact sheets, and programs for school administrators and parents to help students with asthma.



Additional Resources

Resources on additional topics that may be of interest to school personnel are listed below.

Arthritis

Juvenile Arthritis Facts

<https://www.arthritis.org/about-arthritis/types/juvenile-arthritis/>

Information regarding symptoms, types, and causes of juvenile arthritis.

School Success

<http://www.kidsgetarthritistoo.org/living-with-ja/daily-life/school-success/tips-to-coping-with-juvenile-arthritis.php>

Basic information for teachers, parents, and students on making the school experience the best it can be for children with arthritis.

Communicable Disease Investigation and Response

Infectious Disease Information

<http://health.utah.gov/epi/diseases/>

Concise infectious disease information (signs/symptoms, spread, treatment, control, exclusion policies, and prevention) for a variety of audiences including health care professionals.

Infectious Disease Data

<http://health.utah.gov/epi/data/>

Monthly and yearly infectious disease reports for Utah.

Infectious or Communicable Disease Reporting

<http://health.utah.gov/epi/reporting/>

Determining what diseases in the state are reportable and how to report them.

Diabetes

Glucagon Information

<http://choosehealth.utah.gov/prek-12/school-nurses/laws-and-policies/medication/glucagon.php>

The materials support Utah law, which allows for emergency administration of glucagon to persons with diabetes by trained volunteers in Utah schools.

American Diabetes Association - Safe at School

<http://www.diabetes.org/living-with-diabetes/parents-and-kids/diabetes-care-at-school>

Resources for managing diabetes at school, including written care plans.

General Forms

<http://choosehealth.utah.gov/prek-12/school-nurses/guidelines/forms.php>

Information for school personnel and a school plan form for parents/school nurses.

National Diabetes Education Program - Helping the Student with Diabetes Succeed: A Guide for School Personnel

<https://www.niddk.nih.gov/health-information/communication-programs/ndep/health-professionals/helping-student-diabetes-succeed-guide-school-personnel>

A guide designed to empower school personnel and administrators to create a safe learning environment and equal access to educational resource opportunities for students with diabetes.

Immunizations

Utah Department of Health Immunization Program

<http://health.utah.gov/immu/index.html>

Information for parents and school personnel on immunization schedules and vaccines. Features the Immunization Guidebook, a resource for schools to use as they assess students' immunization status. Educational materials for school personnel to help preparing their annual immunization report.

Maternal and Infant Health

Utah Department of Health Maternal & Infant Health Program

<https://mihp.utah.gov/teenpregnancyprevention>

Data and resources on teen pregnancy prevention.

Power Your Life, Power Your Health.

<http://www.poweryourlife.org>

Learn about the statewide effort to promote healthy lifestyles. Good health is the very foundation of a happy life and a bright future.

Oral Health

Utah Department of Health Oral Health Program

<http://health.utah.gov/oralhealth/>

Information on oral health education and prevention, including local coalitions and resources to improve oral health.

Dental Benefits - Clinics/Providers

<http://health.utah.gov/oralhealth/dentist.php>

Search for low cost dental care providers by zip code.

School Nurses

Resources for School Nurses

<http://www.choosehealth.utah.gov/prek-12/school-nurses.php>

The Utah Department of Health and Utah State Board of Education work with school nurses in urban and rural, public, and private schools across Utah. Because students learn better when they're healthy, the services and resources provided by school nurses are critical for their academic success. This site is a gateway to school health policies, procedures, and guidelines for the state of Utah.

Violence and Injury Prevention

Pedestrian/Bicycle Safety

<http://www.health.utah.gov/vipp/pdf/>

[PedestrianSafety/2009GRM_Webpacket.pdf](#)

Guide for planning a successful Green Ribbon Month. Includes educational activities and tips on how to get the community involved.

Safe Routes to School (SRTS) and Student Neighborhood Access Program (SNAP)

<https://saferoutes.utah.gov/>

Learn how to create a SNAP plan to get students to school safely. Learn how schools can apply for SRTS funding to help improve safety conditions on routes students use to get to school.

Walk to School Day

<http://www.walkbiketoschool.org/>

Schools can register here for walk to school day, find a professional resource person, and download promotional and educational tools and other helpful resources.

Bicycle Skills Rodeo Packet

<http://www.health.utah.gov/vipp/pdf/BicycleSafety/Bicycle%20Skills%20Rodeo%20Packet.pdf>

Resource guide to setting up and conducting a bicycle skills rodeo.

Pedestrian Safety Resources

<http://www.health.utah.gov/vipp/kids/pedestrian-safety/>

Download scooter and pedestrian information for safety fairs.

Bicycle Safety Resources

<http://www.health.utah.gov/vipp/kids/bicycle-safety/>

Download bicycle safety information for safety fairs.

Child Passenger Safety

<http://www.health.utah.gov/vipp/kids/child-passenger-safety/>

Learn the right way a child should be riding in a vehicle, whether in a car seat, booster seat, or seat belt. Also, learn how to do a Safety Belt Fit Test and when a child is ready to ride safely in the front seat.

Ultraviolet Radiation

Skin Cancer Foundation: Teacher Resources

<http://www.skincancer.org/prevention/education-program>

An education program to help teachers expose students to the importance of sun protection and give them the tools they need to prevent skin cancer.

American Academy of Dermatology: Good Skin Knowledge Lesson Plans and Activities

<https://www.aad.org/public/kids/good-skin-knowledge-lesson-plans-and-activities>

Lesson plans and handouts to help teach young people the facts about common skin, hair, and nail conditions.

American Academy of Dermatology: Spot Skin Cancer Materials

<https://www.aad.org/public/spot-skin-cancer/free-resources#kids>

Resources to help teachers educate students about skin cancer and how to protect their skin from ultraviolet radiation.

National Council on Skin Cancer Prevention: Teacher and School Resources

<http://www.skincancerprevention.org/resources/teachers-and-schools>

Links to several resources to assist teachers in educating students on skin cancer and sun safety.

Sun Safe Colorado: Sun Safe Policies and Policy Change Resources

<http://school.sunsafecolorado.org/>

Resources to help school administrators create and implement a sun safety policy.

Centers for Disease Control and Prevention: Sun Safety Tips for Schools

https://www.cdc.gov/cancer/skin/basic_info/sun-safety-tips-schools.htm

Links to several resources to assist teachers in educating students on skin cancer and sun safety. Also includes resources to help school administrators make changes to policies and the built environment that will help protect students from ultraviolet radiation.